

Summer Beauty Treatments: From Easy to Extravagant

Written by Written by Amy Strand

Tuesday, 18 August 2009 11:05 - Last Updated Friday, 18 September 2009 11:20

Getting a fancy spa treatment is something every woman looks forward to. However, with packed summer schedules, it can be difficult to pencil in some precious 'you' time. Whether your summer beauty desires include a visit to a local resort spa, a trip to the department store beauty counter, or simply a walk to your fridge, we've the lowdown on the best beauty treatments in town—from DIY to resort extravagance.



Papaya Mask: For Bright, Shiny Skin

From Your Pantry: Mash together one papaya and add one teaspoon brown sugar. Apply to face and leave on for 15-20 minutes.

The Product: Zia Natural Skincare Fresh Papaya Enzyme Mask, \$24.95. Whole Foods.

The Royal Treatment: Papaya Purifying Enzyme Mast, JW Marriott Desert Ridge Revive Spa. This age-defying mask uses papaya, mango and pineapple fruit enzymes to detoxify and leave skin squeaky clean. www.spa.jwdesertridgeresort.com.



Sugar Scrub: For Smooth, Silky Skin

From Your Pantry: Combine about a half cup of regular sugar with a bit of honey or jojoba oil and water from the shower for an effective and moisturizing all-over exfoliating treatment.

The Product: Philosophy Laura Mercier Crème Brulee Sugar Scrub, \$46. Nordstrom.

The Royal Treatment: Seasonal Sugar Scrub at the Boulders Resort Golden Door Spa. The ingredients used in this exfoliation treatment change by the seasons—summer features a refreshing cucumber and mint scrub. www.theboulders.com/golden_door_spa.



Cucumber Mask: For Sensitive Skin

From Your Pantry: Blend one cucumber together and then add a dash of honey, plain yogurt and oats. Apply to face and leave on for about 15 minutes.

The Product: Fresh Rose Face Mask with cucumber extract and rose oil, \$55. Neiman Marcus.

The Royal Treatment: Cucumber and Green Tea Facial at JW Marriott Desert Ridge Revive Spa. Using cucumber and green tea to calm sensitive skin, this facial treatment is customized to your specific needs. www.spa.jwdesertridge.com.



Foot Soak: For Soft, Refreshed Tootsies

From Your Pantry: Combine 5 cups of warm whole milk with 2 tablespoons of Epsom salts and a few drops of almond or peppermint oil. Soak feet in the mixture for as long as desired.

The Product: Bliss the Tenderfoot kit (includes Bliss Softening Sock Salve and Bliss Softening socks for a quick and easy foot softening treatment), \$68. www.blissworld.com.

The Royal Treatment: Hot Milk and Almond pedicure, Bliss Spa, W Hotel. Recommended for anyone wanting supersoft feet, the Hot Milk and Almond Pedicure is Bliss Spa's signature pedicure—and we can see why. One hour of dry buffing, a soak in steamed whole milk and a perfect polish to finish up? Perfection. www.blissworld.com.

Summer Beauty Treatments: From Easy to Extravagant

Written by Written by Amy Strand

Tuesday, 18 August 2009 11:05 - Last Updated Friday, 18 September 2009 11:20



Essential Oil Massage: For Moisture and Relaxation

From Your Pantry: Choose from any all-natural vegetable or nut oils you have on hand (olive, safflower or jojoba oils work great). Combine 4-5 ounces of your base oil with a few drops of your favorite essential oil, depending on the desired results of your massage—for example, lavender is key for relaxation. Combine oils into a small glass container for repeated use.

The Product: Divine Calm Relaxing Massage Oil, \$16. The Body Shop.

The Royal Treatment: Joyambrosia Signature Massage, Montelucia Resort's Joya Spa. This 90-minute rubdown uses organic oils, circular movements and gentle stretching for perfectly limber and loose results. www.joyaspa.com.